

my GP asked me to do a

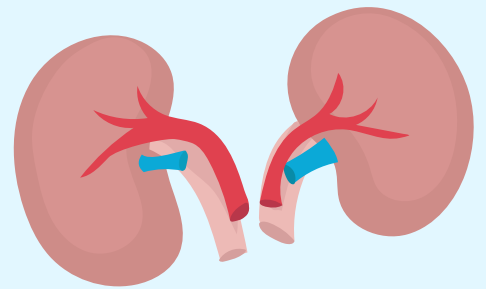
# Urine ACR Test...

## WHAT DOES THAT MEAN?

### What Do My Kidneys Do?

Our two kidneys are the filtering organs of the body. They remove toxic substances and excess water, resulting in the production of urine.

If the kidneys are not performing well, they may leak proteins and other substances which should stay in the body.



### What Is Chronic Kidney Disease (CKD)?

As we age, our kidneys don't work as well as they should. Some conditions such as diabetes or high blood pressure can also damage our kidneys.

If our kidneys are not working as well, waste products can build up in the body and lead to an increased risk of heart attacks and strokes. It is important that our kidney function is monitored to avoid these complications.

**Read more:**

### What Is A Urine ACR Test?

One of the ways that doctors can monitor the function of our kidneys is by doing a urine test, also called an ACR.

Doctors can check the amount of protein in the urine to see if the kidneys are abnormally leaky.

**Read more:**

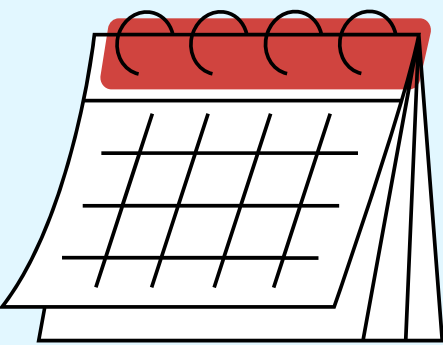


### How To Do An ACR Test:

1. Collect urine pot from reception
2. Take sample of mid-stream urine
3. Label pot with name, date of birth, and date of collection
4. Hand it back to reception on the same day

### How Often Should I Be Tested?

Depending on the severity of the kidney dysfunction, your doctor may ask you to give urine samples once a year, or once every few months.



### What Are The Benefits Of Coming To My GP Appointment?

Kidney disease is often silent - you might not feel any symptoms. However, having CKD puts patients at risk of getting very unwell rapidly.

Getting checked up regularly will allow doctors to pick up signs of the kidneys worsening and start treatment before they cause any problems.



[CLICK HERE TO LEARN MORE ABOUT YOUR KIDNEYS AND HOW TO MANAGE YOUR KIDNEY HEALTH](#)